	APOLLO HOSPITALS, SECUNDERABAD		COP – 08
			Issue: C
	POLICY ON USE AND CARE OF PATIENTS ON RESTRAINTS		Date: 06-01-2017
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## 1.0 Purpose:

Restraints are a temporary nursing intervention, used to protect the patient from harming self or others or interfering with medical treatment. This intervention reduces the risk of patients from falling from the bed, stretcher trolleys, wheel chairs and other transportation and inpatient devices. It is also used to prevent confused patients from wandering beyond their immediate therapy areas; to prevent indwelling catheters and other similar devices being pulled out; and to minimize the risk of persons injuring themselves or injuring others.

The purpose of this policy is to establish guidelines governing the use of restraints, where a patient is at risk of harming self or others and other less restrictive interventions are not feasible or possible. Restraints have the potential to produce serious consequences, such as, physical and psychological harm, loss of dignity, violation of patients' rights and even death.

- 1.1 To outline restraint management that shall ensure that the patients' health and safety are protected and to preserve the patients rights and dignity.
- 1.2 To outline the management of patients requiring physical restraint using least restrictive methods.
- 1.3 Define situations where use of restraint is clinically appropriate and adequately justified and to ensure that restraint use is based on assessed needs.

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- 1.4** Outline steps to prevent patients from injuring themselves and others
- 1.5** Educate licensed personnel about the least restrictive method of restraint, restraint alternatives, institutional documentation guidelines and the safe application and removal of restraints.

**2.0 SCOPE:**

Hospital Wide

**3.0 POLICY:**

It is the policy of Apollo Hospitals, Secunderabad to resort to patient restraints when they have been deemed a clinical necessity, and when alternative less restrictive measures have been unsuccessful or cannot be employed without jeopardizing patient safety or care. The use of restraints may be implemented only after a thorough assessment is performed by the treating physician and the Nurse in Charge of the Case and other less restrictive interventions have been deemed ineffective.

- 3.1** Use of restraints shall be implemented only on written instructions from the physician after a thorough assessment of the patient and the patients' requirements in line with the policy of the institution. Consent for restraint must be taken by the doctor.


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- 3.2** It shall be instituted only after all alternative measures have been considered and exhausted.
- 3.3** Use of physical or chemical restraints shall be discontinued after 24 hours; patient shall be reassessed for further continuation.
- 3.4** Patient care needs to be attended every hour or more often and documented; this helps in preventing nerve damage, incontinence, pressure sores, loss of muscle tone, depression, contorted position etc.
- 3.5** The care-provider can order the use of restraints when he identifies a situation where action is necessary to prevent serious bodily harm to self or to others and routinely in intra-hospital and inter-hospital transportation and in emergency situations and the treating physician may be intimidated verbally.
- 3.6** All restraint implementation shall be adequately documented and authenticated by the nurse under written order of the treating physician.
- 3.7** The time of cessation of restraints must be documented by the nurse on the restraint form.
- 4.0 Procedure:**

Patient restraint shall be employed to ensure patient and provider safety and to facilitate thorough examination and care of any individual exhibiting an

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altered level of consciousness. Restraints are of two types: Physical restraints and chemical restraints.

#### **4.1 Physical restraints:**

Physical Restraints: Physical or mechanical restraints are protective devices employed to prevent a patient from harming self or others, to immobilize a part, to restrict activity and to promote a feeling of security in a patient who needs control.

#### **4.2 Chemical Restraints:**


Chemical restraints are drugs, which serve the same purpose as physical restraints.

### **5.0 Responsibilities**

#### **5.1 Clinician:**

- 5.1.1** The Physician shall conduct a clinical assessment for the use of physical or chemical restraint, wherein the physician substantiates through documentation in the medical record, the reason for the patient being placed in restraint, in order to prevent harm to self or others.

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**5.1.2** The physician shall also explain to the patient's family and friends the need for the restraint.

**5.1.3** The chemical restraint is used to temporarily calm the patient.

**5.1.4** The duration of the restraint order is for a 24-hour period and if further restraint is required, a new Physical Restraint Form is to be filled for every 24-hour period.

**5.1.5** The physician shall explain all steps of the intervention to the patient's family as soon as possible after the intervention and at appropriate intervals thereafter, including:

§ Patient's specific behavior causing initiation of restraint

§ The required care and attention that shall be provided while the patient is on restraint.

## **5.2 Nursing Staff:**

**5.2.1** A nurse shall obtain appropriate assistance from other hospital personnel while restraining a patient.

**5.2.2** The nursing staff shall assist the physician in safely administering the restraint. In the absence of the physician, the nursing staff can initiate restraints in the safe interest of the patient but shall obtain approval from the treating physician

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in emergency situations – verbally and shall ensure appropriate documentation.

**5.2.3** The nursing staff shall ensure that proper care; observation, documentation and reporting procedure are completed.

**5.2.4** The nursing staff shall ensure the removal of potentially dangerous objects from the immediate vicinity or reach of the patient which could be used by the patient to harm self or other or be used to disengage from the restraint applied.

**5.2.5** Patients' under restraint shall be continually monitored by the nursing staff every hour.

**5.2.6** The nurse shall check for consciousness of the patient. Vital signs shall be recorded every 4 hours or more often as needed.

**5.2.7** Offer fluids at least hourly or more frequently if the patient is dehydrated, unless fluids are restricted by a physician's order.

**5.2.8** The nurse shall promptly inform the physician if there is any notable change in the behavior of the patient.

**5.2.11** This information shall also be documented in the patient's medical record.

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